



PARENT INFORMATION: Childhood Obesity



Risks

Obese children and adolescents have a greater risk of social and psychological problems, such as discrimination and poor self-esteem. What are other consequences of childhood obesity?

- High blood pressure and high cholesterol, which are risk for heart disease
- Can lead to diabetes
- Breathing problems—sleep apnea and asthma
- Joint problems and musculoskeletal discomfort
- Social discrimination

Helping Your Child Maintain A Healthy Weight

1. To help your child maintain a healthy weight, balance the calories your child consumes from foods and beverages with the calories your child uses through physical activity and normal growth.
2. Encourage healthy eating habits—plenty of vegetables, fruits, and whole-grain products; low-fat or non-fat milk or dairy products; serve reasonably sized portions; limit sugar-sweetened beverages and encourage your child to drink lots of water.
3. Help your child to stay active—remember that children imitate adults. Start adding physical activity to your own daily routine and encourage your child to join you.
 - Walking, playing tag, jumping rope, kicking/catching a ball, dancing
4. Reduce sedentary time—help your child avoid too much sedentary time. Limit the time your child watch television, play video games, or surf the web to no more than 2 hours per day. Additional, the American Academy of Pediatrics (AAP) does not recommend television viewing for children age 2 or younger.

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Source: www.cdc.gov
www.choosemyplate.gov

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ShapingNJ, The State Partnership for Nutrition, Physical Activity and Obesity Prevention
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